

**Governor's Proposed FY23 Budget Adjustments  
Appropriations Committee Public Hearing  
HB 5037 AAC the State Budget for the Biennium Ending June 30th, 2023  
Friday,  
DMHAS Budget  
February 25<sup>th</sup>, 2022**

**Good evening Senator Osten, Representative Nolan, Senator Formica, and distinguished members of the Appropriations Committee:**

I would like to share my experience with Teamworks and what it they have done for me. It is a safe place for me to come without having to pay out-of-pocket for services. I would like to recognize the staff that shares their experiences with me and help me in my recovery. I would also like to recognize the book Falling Forward by John C. Maxwell, that we are reading in our Teamworks group. I can not begin to express how important Teamworks is to me and how much it has helped me.

I started coming to Teamworks back at the end of Summer when I had just moved to Norwich and did not have a job yet. Teamworks gave me a safe place to go with other members like me who are suffering with mental disorders. I have depression and anxiety and when I first started coming to groups here, I was really suffering with my illness. I had just gotten back on my medication, which takes up to a month to get the full benefits of the medication, I was struggling. I will forever feel grateful for how welcoming the other members were and how everyone made me feel like I belonged. Teamworks gave me a safe place to go to when all I wanted to do was sit by myself at home. The members gave me a feeling of belonging and lots of laughs which I really needed at that time. I have had suicide attempts in the past and I don't know what I would have done if I didn't have Teamworks to fall back on. I will forever be grateful for this wonderful program.

This is a safe place that helps me every week when I come. Everyone shares their own experiences which is very beneficial. I would like to mention staff member Sarah. Sarah is our group leader, and she is wonderful! She gave me a compliment one day when I really needed some positive input on my mind, and she really lifted my spirits.

We are currently reading a book called "Falling Forward" by John C. Maxwell. Every week that we read this book aloud I get a chuck of positivity. I can't express

how much everyone input on the segment we read helps me “Because in life, the question is not if you will have problems, but how you are going to deal with them. Stop failing backward and start failing forward!” I can safely express my failures and get great feedback if I want it. I suffer with anxiety, depression and addiction, so I definitely have problems. This book is making points on how to deal with my problems affectively.

Teamworks had made such a positive impact on my life and my struggles. The staff here is positive and knowledgeable. They are constantly helping me in my recovery. Teamworks is a safe place for me to come without having to pay out-of-pocket expenses. The book Failing Forward by John C. Maxwell that we are reading aloud in group has given me such a positive perspective on life and it’s daily struggles. **Keeping funding NON-Profit Agency’s like Reliance Health Inc.**

Teamworks Anonymous Member #4

Age 29